

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 02031, Spices, pepper, red or cayenne

Report Date: October 26, 2015 01:55 EDT

Nutrient values and weights are for edible portion.

Food Group : Spices and Herbs

Carbohydrate Factor: 2.35 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 tsp 1.8g	1 tbsp 5.3g
Proximates						
Water	g	8.05	121	0.295	0.14	0.43
Energy	kcal	318	--	--	6	17
Energy	kJ	1331	--	--	24	71
Protein	g	12.01	77	0.320	0.22	0.64
Total lipid (fat)	g	17.27	171	0.501	0.31	0.92
Ash	g	6.04	385	0.101	0.11	0.32
Carbohydrate, by difference	g	56.63	--	--	1.02	3.00
Fiber, total dietary	g	27.2	--	--	0.5	1.4
Sugars, total	g	10.34	--	--	0.19	0.55
Minerals						
Calcium, Ca	mg	148	50	8.224	3	8
Iron, Fe	mg	7.80	31	0.620	0.14	0.41
Magnesium, Mg	mg	152	4	10.942	3	8
Phosphorus, P	mg	293	51	10.373	5	16
Potassium, K	mg	2014	8	128.117	36	107
Sodium, Na	mg	30	5	8.367	1	2
Zinc, Zn	mg	2.48	4	0.614	0.04	0.13
Copper, Cu	mg	0.373	--	--	0.007	0.020
Manganese, Mn	mg	2.000	--	--	0.036	0.106
Selenium, Se	µg	8.8	2	--	0.2	0.5
Vitamins						
Vitamin C, total ascorbic acid	mg	76.4	40	11.427	1.4	4.0
Thiamin	mg	0.328	34	0.033	0.006	0.017

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 1.8g	1 tbsp 5.3g
Riboflavin	mg	0.919	34	0.093	0.017	0.049
Niacin	mg	8.701	29	0.735	0.157	0.461
Vitamin B-6 ¹	mg	2.450	2	--	0.044	0.130
Folate, total	µg	106	--	--	2	6
Folic acid	µg	0	--	--	0	0
Folate, food	µg	106	--	--	2	6
Folate, DFE	µg	106	--	--	2	6
Choline, total	mg	51.5	--	--	0.9	2.7
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	2081	2	--	37	110
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	21840	--	--	393	1158
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	6252	--	--	113	331
Vitamin A, IU	IU	41610	2	--	749	2205
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	13157	--	--	237	697
Vitamin E (alpha-tocopherol)	mg	29.83	--	--	0.54	1.58
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	80.3	--	--	1.4	4.3
Lipids						
Fatty acids, total saturated	g	3.260	--	--	0.059	0.173
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.030	1	--	0.001	0.002
12:0	g	0.030	1	--	0.001	0.002
14:0	g	0.090	1	--	0.002	0.005
16:0	g	2.360	1	--	0.042	0.125
18:0	g	0.490	1	--	0.009	0.026

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 1.8g	1 tbsp 5.3g
Fatty acids, total monounsaturated	g	2.750	--	--	0.050	0.146
16:1 undifferentiated	g	0.240	1	--	0.004	0.013
18:1 undifferentiated	g	2.510	1	--	0.045	0.133
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	8.370	--	--	0.151	0.444
18:2 undifferentiated	g	7.710	1	--	0.139	0.409
18:3 undifferentiated	g	0.660	1	--	0.012	0.035
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Phytosterols	mg	83	--	--	1	4
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹S.W. Leonard, K. Hardin, J.E. Leklem Vitamin B-6 Content of Spices, 2001 Journal of Food Composition and Analysis 14 pp.163-167

Langual Code(s)

- A0113 SPICE OR HERB (US CFR)
- A1272 0200 SPICES AND HERBS (USDA SR)
- B1643 HOT PEPPER
- C0140 FRUIT, PEEL PRESENT, CORE, PIT OR SEED PRESENT
- E0106 FINELY GROUND
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0138 WATER REMOVED
- J0141 NATURALLY DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION